



Northfield Senior Newsletter

August 2016



Sponsored by the Northfield Council on Aging and the MA Executive Office of Elder Affairs

Mission Statement: The Northfield Council on Aging provides services to promote healthy aging of Northfield's citizens age 60 and older



COMMUNITY Summer Concert Series

under the Stanley Wickey pavilion at Town Hall. All ages welcome! Bring your lawn chairs, blankets, and friends. Concerts will be cancelled in the event of inclement weather.

- Saturday August 13 at 6pm;
Moonshine Holler.



Sponsored by the Friends of the Library

Enjoy an evening of wonderful music at our final 2015 summer concert.

More Music in August:

- The ROMEOs join us every Tues at 10:30am.
- Shirley will also join us August 22 at 11:30am and August 25 at 11:00 am

Third Thursday Movie will resume in September. We are thinking about changing the night, so let us know what works for you!



Senior Picnic

The Senior Picnic will be held the recreation area on Tuesday, August 19th. Our Guest chefs are: **John Merrigan, Registrar, Sheriff Chris Donelan, Rep. Paul Mark and hopefully Sen. Stan Rosenberg.**

Bridge and Hand & Foot will begin at 9am

- Musical entertainment by Shirley Thompson and the ROMEOs at 11am.
- Lunch will be served at 11:45 and includes: hamburgers, hotdogs, cold salads, beverage and sundae bar
- All for **\$5 per ticket**; available at the Senior Center.

Call for your tickets today! 498-2186

Brown Bag: September 1st Brown Bag pickup will include a recertification. Mark Lincourt will be here from the food bank to do this from 12-2. You must see him before you pick up your bag. Please be prepared to tell him your household income so plan on a little extra time.

Lobster Bake: Wednesday, August 3 is the Lobster Bake this year for all those who have reserved their place. Shirley Thompson will play for us as we enjoy our Down East Lobster Bake under the Pavilion.



News, More Programs & Resources

Through the **Caregivers** support group, an ongoing program is available. Do you have helpers coming to your home from Visiting Nurses, other agencies or friends? Is it hard to keep track of came and when? Do your neighbors see different cars at your house and wonder if you are alright? We have a handy log to help you. The worker fills it in each time they come so you have a handy guide. Let us know if this would help you. Call Heather at 498-2901 x14.

Remember the **NORTHFIELD FOOD PANTRY!** It's open to all Northfield residents. 2nd and 4th Sat: 11:30-2:30.



Cell Phone: Do you need an emergency cell phone? Call 498-2186.



Do you have OLD PERSCRIPTIONS? Bring them to the police station for proper disposal.



Would you like to volunteer for the new Rides for Health program? Call Franklin County Home Care at 773-5555 and talk with the staff. Help someone get to an appointment the van can't take them to.



Senior Center Needs VOLUNTEERS to:

- Create and maintain our history
- Be our official photographer

Call us and let's get started! 498-2186



To receive the unabridged newsletter, log onto the town website at <http://www.northfieldma.gov/>, find the Senior Center in the Departments and you will see on the left a blue bar entitled "Newsletter". Just click and you will find them in PDF format. Not online? Consider a \$6 donation to the Council on Aging with 'newsletter' written in the memo line to be added to our monthly mailing. Send it to COA, 69 Main St. Northfield, MA 01360.

~Heather Tower Director

Board Members: Gwen Trelle, Pres.; Gen Clark, VP; Suzanne McGowan, Treas.; Linda Hescok, Sec.; Gail Bedard, Ted Thornton, Lloyd Parrill, Randy Foster, Carol Pike, Bill McGee and Rhoda Yucavich.



HEALTH and SAFETY PROGRAMS



Farmer's Market Coupons Available.

Eligibility: 60 years of age and able to meet low income guidelines, available, **August 4th**. Call 498-2186.

HEALTHY BONES AND BALANCE with Mary Lyle Wednesdays from 11:00-11:45. Gentle stretching and hand weights help build strong bones and improve balance, sponsored by RSVP.



YOGA with Libby Volkening: Thursdays at 9:30am, sponsored by FCHCC and the Executive Office of Elder Affairs. Donations gratefully accepted. This class is mostly chair yoga. All levels are welcome.



Walking Group: Every Tues and Thurs morning at 8am with Ruth Norton; meet behind the Town Hall. Bring your neighbor or your friends of all ages to enjoy an invigorating start to the day. Routes are planned to cover all abilities and can be as long or as short as you like. Walking is the best exercise for you!



PVRS WEIGHT ROOM is open Mon, Wed and Fri from 6:30-7:30. Come use the Nautilus machines for free! Let Abby show you the way to a stronger you!

CAREGIVERS SUPPORT GROUP: Every 2nd Friday from 10-11am. Anyone caring for another, be it spouse, parent or other is welcome. Confidentiality is very important to the group. It is understood by all that keeping our loved ones dignity is paramount in our discussions. Join us for mutual support and information. Facilitated by Heather, the group helps you feel less alone.



Please check the calendar for exact summer dates!

BLOOD PRESSURE: Walk-in clinic 1st and 3rd Tuesday of each month from 9:00-11:30am.



FOOT CLINIC: By appointment 1st and 3rd Tuesday each month from 9:00-11:30am. 498-2186. *Please bring a towel.*



Contacting Center Staff & services

Heather Tower, Director 498-2901 x14

Amy Hall: Meal site mngr. 498-2186

Jeanette Tessier, Outreach, 498-2186

FCHCC- Homecare, SHINE, Meals on Wheels 773-5555

Transportation- Betty Stafursky, 413-834-4084

August 2016 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
1 9am Bridge  9:30 Springfield Kohls: Olive Garden 11:30 Lunch  11:30 Betsey on the piano  12:30 Hand & Foot 	2 8am Walking  9:00 Blood Pressure and Foot Clinic by appt. Bring a towel   10:30 ROMEOS 11:30 Lunch 12:30 Bingo	3 9:00 Bridge  11:00 Healthy Bones and Body  6:00 Lobster Bake 	4 8am Walking  9:30 Yoga  11:30 Betsey on Piano  11:30 Lunch 	5  10:00 Pitch All welcome! Come and learn.
8 9am Bridge  9:30 Hinsdale Walmart's: The Marina 11:30 Shirley Thompson on electric piano 11:30 Lunch  12:30 Hand & Foot 	9 8am Walking  9am Blood pressure and Foot Clinic by appt. Bring a towel!   10:30am ROMEOS 11:30 Lunch  12:00 Senior Meeting  12:30 Bingo	10 8 am Departure for Saratoga Race Track  9:00 Bridge  11:00 Healthy Bones and Body 	11 8am Walking  9:30 Yoga  10:30 Brown Bag unload  11:30 Lunch 12:15 Bagging  12:30 BB pick-up	12 10-11 Caregivers  12:00 Lunch Bunch: Meadows Restaurant at the Meadows Golf Club 
15 9am Bridge 9:30 Orange Walmart's; Herricks 11:30 Lunch  12:30 Hand & Foot 	16 8am Walking  Senior Picnic 9am-2p  Games begin 9:00am  Entertainment 11 Lunch at 11:45 	17 9am Bridge  11:00 Healthy Bones and Body 	18 8am Walking  9:30am Yoga  11:30 Lunch 	19  9:00 COA Meeting 9:30 Market Basket 
22 9am Bridge  9:30 Keene Walmart; Longhorn  11:30 Lunch 11:30 Shirley Thompson  12:30 Hand and Foot 	23 8am Walking   10:30 ROMEOS 11:30 Lunch  12:30 Bingo	24 9:00 Bridge  11:00 Healthy Bones and Body 	25 8am Walking  9:30 Yoga  11:30 Lunch  11:00 Shirley Thompson 	26 12:00 Lunch Bunch at the Rustic Table 
29 9am Bridge  11:30 Lunch  12:30 Hand & Foot 	30 8am Walking   10:30am ROMEOS 11:30 Lunch  12:30 Bingo	31 9am Bridge  11:00 Healthy Bones and Body  12:00 Pot Luck 	This is Your Town resumes September 23 at 9am with Sue Ross talking about East Northfield 	A six week Healthy Eating course from LifePath begins in September 

Senior Van

The Senior Van is available on Mon, Tues and Thursday to come to Congregate Meals. Doctor's appointments, errands or shopping are available on all days. Lunch trips on Mondays and Fridays go to lots of places. Fee's range from \$1-\$3 each way.

Contact Betty at 413-834-4084 at least 48 hours in advance, during business hours, to schedule a ride.



August 2016 Congregate Menu



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1 mg Sodium		2 mg Sodium		3 mg Sodium		4 mg Sodium		5 mg Sodium	
Roast Pork	70	Grilled Chicken	320	Breaded Pollock	273	White Bean and		Beef Fajitas	245
Cran Orange Sauce	106	Honey Mustard Sauce	213	Au Gratin Potatoes	39	Chicken Chili	314	Peppers and Onions	27
Sweet Potatoes	35	Cous Cous	24	Broccoli	10	Brown Rice	5	Black Beans & Corn	336
Broccoli	10	Spinach	65	Multigrain Bread	164	Tossed Salad	9	Flour Tortilla	250
Multigrain Bread	164	Whole Wheat Bread	160	Pineapple Cake	368	Whole Wheat Bread	160	Fruited Jello	73
Mixed Fruit	10	Peaches	5	Diet: Lorna Doons	56	Applesauce	15	Diet: SF Jello	45
Total Sodium (mg): 516		Total Sodium (mg): 912		Total Sodium (mg): 978		Total Sodium (mg): 628		Total Sodium (mg): 1056	
Calories: 787		Calories: 575		Calories: 780		Calories: 557		Calories: 612	
8 mg Sodium		9 mg Sodium		10 mg Sodium		11 mg Sodium		12 mg Sodium	
*Vegetable (white)		American Chop Suey	288	Mulligatawny Soup	120	COLD PLATE		Chicken Jambalaya	310
Lasagna	*544	Broccoli	10	Chicken Drumstick	287	Asian Pork and		Brown Rice	5
Italian Veg Blend	41	Dinner Roll	132	Supreme Sauce	56	Noodle Salad	154	Tossed Salad	9
Italian Bread	230	Lemon Pudding	200	Sour Cream & Chive		Sesame Cucumber		Whole Wheat Bread	160
Fresh Plum	1	Diet: SF Lemon	127	Mashed Potatoes	94	Salad	8	Chocolate Brownie	149
		Pudding		Whole Wheat Bread	160	Multigrain Bread	164	Diet:Choc Grahams	95
				Pears	5	Mandarin Oranges	7		
						Fortune Cookie	18		
Total Sodium (mg): 942		Total Sodium (mg): 756		Total Sodium (mg): 847		Total Sodium (mg): 457		Total Sodium (mg): 758	
Calories: 594		Calories: 734		Calories: 660		Calories: 713		Calories: 701	
15 mg Sodium		16 mg Sodium		17 mg Sodium		18 mg Sodium		19 mg Sodium	
Beef and Cabbage		Swedish Meatballs	200	Roast Turkey	456	Cream of Veg Soup	297	*Hot Dog	*550
Casserole	301	Egg Noodles	4	Gravy	80	Grilled Chicken	320	Baked Beans	200
Peas and Carrots	72	Brussel Sprouts	12	Mashed Sweet		Pesto Cream Sauce	70	Broccoli	10
Rye Bread	150	Italian Bread	230	Potatoes	35	Cous Cous	24	Hot dog bun	270
Fresh Peach	1	Mixed Fruit	10	Tossed Salad	9	Dinner Roll	132	Escalloped Apples	39
				Whole Wheat Bread	160	Strawberry Yogurt	75	Diet: Sliced Apples	4
				Pineapple	1				
Total Sodium (mg): 649		Total Sodium (mg): 580		Total Sodium (mg): 905		Total Sodium (mg): 1069		Total Sodium (mg): 1134	
Calories: 615		Calories: 584		Calories: 588		Calories: 718		Calories: 759	
22 mg Sodium		23 mg Sodium		24 mg Sodium		25 mg Sodium		26 High Sodium Meal	
*Cheesy Seafood		Pork Roast	70	COLD PLATE		Broccoli Bake	482	*Steak and Cheese	*665
Noodle Bake	*620	Rosemary Gravy	85	Minestrone Soup	152	Home Fries	5	O'Brien Potatoes	8
Green Peas	58	Mashed Potatoes	66	Turkey Apple Salad	436	Stewed Tomatoes	150	Tossed Salad	9
Whole Wheat Bread	160	Mixed Vegetables	28	Macaroni Salad	118	Wheat Dinner Roll	105	Sub Roll	218
Fresh Fruit	1	Multigrain Bread	164	1/2 Pita Pocket	161	Cherry Snack Loaf	240	Blueberry Buckle	360
		Apricots	10	Watermelon	5	Diet: Lorna Doones	56	Diet: Grahams	95
Total Sodium (mg): 968		Total Sodium (mg): 547		Total Sodium (mg): 994		Total Sodium (mg): 1107		Total Sodium (mg): 1385*	
Calories: 788		Calories: 656		Calories: 629		Calories: 782		Calories: 922	
29 mg Sodium		30 mg Sodium		31 mg Sodium		ALTERNATIVE MENUS		ALL MEALS INCLUDE: 1% MILK 110 calories 125 mg sodium	
Grilled Chicken	320	Baked Salmon	67	Three C Soup	299	<u>Aug 4</u> - Cilantro Chicken w/Black Beans, Veg Salad, Tossed Salad.			
Hawaiian Sauce	25	Dill Sauce	44	Shepherd's Pie	197	<u>Aug 11</u> - Chicken Salad w/Cranberries, Beet Salad, Tropical Fruit.			
Sweet Potatoes	35	Orzo Pilaf w/Spinach	49	Multigrain Bread	164	<u>Aug 18</u> - Roast Beef, Chick Pea Cilantro Salad, Pears.			
Cauliflower	16	Squash Blend	3	Applesauce	15	<u>Aug 25</u> - Chicken Breast w/Red Pepper Pesto, Mac Salad, Peaches.			
Wheat Bread	160	Whole Wheat Bread	160						
Pears	5	Pineapple	1						
Total Sodium (mg): 686		Total Sodium (mg): 449		Total Sodium (mg): 799					
Calories: 588		Calories: 760		Calories: 715					

Congregate meals are served Mon., Tues., and Thurs. at 11:30am. To sign up for meals, you must call 498-2186 at least 1-2 days in advance by 10a.m. Alternate meals must be signed up a week in advance. Suggested donation; \$2.50. For non-seniors, meals are \$3.

